

# PATENT SPECIFICATION

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(21) Application No. 28324/71 (22) Filed 16 June 1971

(23) Complete Specification filed 31 Aug. 1972

(44) Complete Specification published 16 July 1975

(51) INT. CL.<sup>2</sup> A63B 5/20

(52) Index at acceptance

A6M 9

A6D 5

(19)



## (54) APPARATUS FOR USE IN SKIPPING EXERCISES

(71) I, GILBERT WILTON ISBERG, of 12, Ravenoak Lane, Worsthorne, Near Burnley, in the County of Lancaster, of Canadian nationality, do hereby declare the invention, for which I pray that a patent may be granted to me, and the method by which it is to be performed, to be particularly described in and by the following statement;

This invention relates to apparatus for use in skipping exercises.

Skipping has long been used as a pastime and form of exercise. In the past the skipper has jumped over a rope or like flexible member which has usually been swung along a path over the head of the skipper and then downwardly under the feet and back to its original position above the head. Another form of skipping has been for one person to hold one end of a rope and then rotate himself around an axis extending from his head to feet when in an upright position. The skipper standing at a position not greater than the length of the rope away from the rotating person, then jumps over the rope as it sweeps through an arc around the rotating person, the rope being held taut by the centrifugal force acting on it.

The object of the present invention is to enable one person to rotate a rope or like flexible member in a horizontal plane and also be able to skip over the rope as it passes beneath him.

According to the present invention skipping apparatus comprises, a rigid rod, a rope or like flexible member having a weight at one end and having at the other end a ring loosely threaded on the rod and freely rotatable relative thereto, whereby the rope or like flexible member can be swung around the longitudinal axis of the rod and whereby the rope or like flexible member becomes taut under the action of the centrifugal force of the weight when the rope is swung around the rod.

Preferably, the ring is formed by one loop

of a platelike adapter in the shape of a figure eight and the rope is fixed through the other loop of the adapter. One end of the rod is, preferably, provided with a stop for retaining the adapter on the rod and the other end of the rod may be provided with a handle having finger grips formed thereon. The rod, preferably, has no fittings other than the stop, the handle, and the adapter.

A preferred embodiment of the invention will now be described, by way of example only, with reference to the accompanying drawing which is a side elevation of a skipping apparatus.

Referring now to the drawing, the apparatus has a rigid plastics rod 10 having a finger grip handle 12 surrounding one end. A plate like plastics adapter 14 in the form of a figure eight is provided and the rod is passed through one of the holes forming the figure eight configuration and is a loose fit therein. A length of rope 16 having a stop 18 at one end is passed through a hole 20 formed in a spherical weight 22 and the weight 22 is slid along the rope 16 until it contacts the stop 18, as shown in the drawing. The end of the rope 16 opposite the stop 18 is then passed through the empty hole of the adapter 14 and is secured to the portion of the rope 16 adjacent to the adapter 14 by splicing or binding said end thereto. A stop 24 is also provided on the end of the rod 10 opposite the handle 12 after the adapter 14 has been fitted to prevent the latter from falling off the rod 10.

The apparatus is then ready for use, a skipper holds the handle 12, with the rod 10 pointing towards the ground, and then imparts a gyrating action to the rod 10. As the speed of rotation of the gyrating action increases, the adapter 14, the rope 16 and the weight 22 will tend to swing around the rod 10 and the centrifugal force thus generated will act upon the weight 22 and tend to keep the rope 16 taut. The weight 22 will tend to

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describe a circular orbit and since the skipper will be within that circle each time the rope 16 reaches him he will be able to skip over it.

- 5 The angular velocity of the rope 16 is determined by the speed of the gyratory rotation imparted to the rod 10 and can thus be increased or decreased at will by the user depending upon his proficiency at skipping and imparting the gyratory rotation.

- 10 It will be apparent that the rod 10 can be made not only of rigid plastics material but also of any other suitable rigid material and the spherical weight 22 can be fixed to the rope 16 instead of being slidable thereon without departing from the scope of the invention.

#### WHAT I CLAIM IS:—

- 20 1. Skipping apparatus comprising a rigid rod, a rope or like flexible member having a weight at one end and having at the other end a ring loosely threaded on the rod and freely rotatable relative thereto, whereby the rope or like flexible member can be swung around the longitudinal axis of the rod and whereby the rope or like flexible member becomes taut under the action of the centrifugal force of the weight when the rope is swung around the rod.

- 30 2. Skipping apparatus according to Claim 1, wherein the ring is formed by one loop of

a plate-like adapter in the shape of a figure eight and the rope is fixed through the other loop of the adapter.

3. Skipping apparatus according to Claim 2, wherein one end of the rod is provided with a stop for retaining the adapter on the rod.

4. Skipping apparatus according to Claim 3, wherein the other end of the rod is provided with a handle having finger grips formed thereon.

5. Skipping apparatus according to Claim 4, wherein the rod has no fittings other than the stop, the handle and the adapter.

6. Skipping apparatus according to any one of the preceding claims, wherein the rod and the adapter are formed of a plastics material.

7. Skipping apparatus according to Claim 1, constructed, arranged and adapted to operate substantially as hereinbefore described with reference to, and as illustrated by, the accompanying drawing.

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COMPLETE SPECIFICATION

*This drawing is a reproduction of  
the Original on a reduced scale.*

